

Wednesday



ACTION, RETRACTION

Portis apologizes for comments about women reporters 12

SETTLEMENT STALEMATE

Mideast talks stall as both sides hold firm on central differences **7**

EAR CANDY

Is 'corn sugar'
any more
appealing
than plain
syrup? **5**



80|60



FOR EXTENDED FORECAST SEE PAGE 33

REFINED



IN JUST A FEW
DIZZYING HOURS,
AMERICAN HIKER
SARAH SHOURD
EXCHANGED A JAIL
CELL IN TEHRAN
FOR A PRIVATE JET
CROSSING OVER THE
PERSIAN GULF ON
HER WAY TO OMAN
AND TO FREEDOM.

TWO OTHERS REMAIN IN IRAN FACING SPY CHARGES AND POSSIBLY YEARS IN PRISON 11





EYE OPENERS

Banking System Scoffs

An Indian Harbour Beach, Fla., mom sent an old aquarium aerator to the thrift store last week without knowing her 17-year-old son had stashed \$900 he earned from delivering pizza inside it. By the time Zachary Edwards discovered his life savings missing, the aerator had sold for a few dollars. Edwards had been saving the money for a trip to Hawaii. (AP)



Lifelong Hatred of Law Enforcement Instilled

A Joplin, Mo., teenager dressed as a machete-wielding madman to promote a Halloween store ended up getting a scare. A police officer pointed a gun at the teen and ordered him to the ground Saturday after getting a report that a disturbed person was brandishing a weapon on a city street. (AP)

'Hello, My Name Is Uterus' Sticker Wouldn't Stay On

A California doctor is being sued by a patient who says he branded her removed uterus with her name in 2009, the Smoking Gun reported. Dr. Red Alinsod used an electrocautery device to burn the name onto the organ, calling it a "friendly gesture" because he "did not want to get it confused with others." (EXPRESS)

The Big Picture



A CHRISTIE'S EMPLOYEE holds a Roman bronze helmet at the auction house's offices in London on Monday. Considered an extraordinary example of Roman metalwork, the mask was discovered in May in a field in England by a treasure-hunter armed with a metal detector. (AP)

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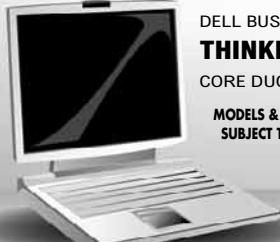
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New Survey Asks: What Is a Family?

New York

As much as Americans revere the family, they differ sharply on how to define it.

New research being released Wednesday shows steadily increasing recognition of unmarried couples — gay and straight — as families. But there's a solid core resisting this trend who are more willing to include pets in their definition than same-sex partners.

Beyond the debate over same-sex marriage, how family is defined affects income tax filings, adoption, foster care, employee benefits and inheritance.

The new research on the topic is contained in a book-length study, "Counted Out: Same-Sex Relations and Americans' Definition of Family" and in a separate 2010 survey.

DAVID CRARY (AP)

Primary Results

Tuesday night's elections in New York, Delaware and six other states ended after Express' deadline. The Washington Post offers complete results and analysis.

FIND IT AT: postpolitics.com

HEALTH CARE ADMINISTRATION

Pentagon Starts to Bargain Hunt

Defense Dept. looks to control spending after years of war

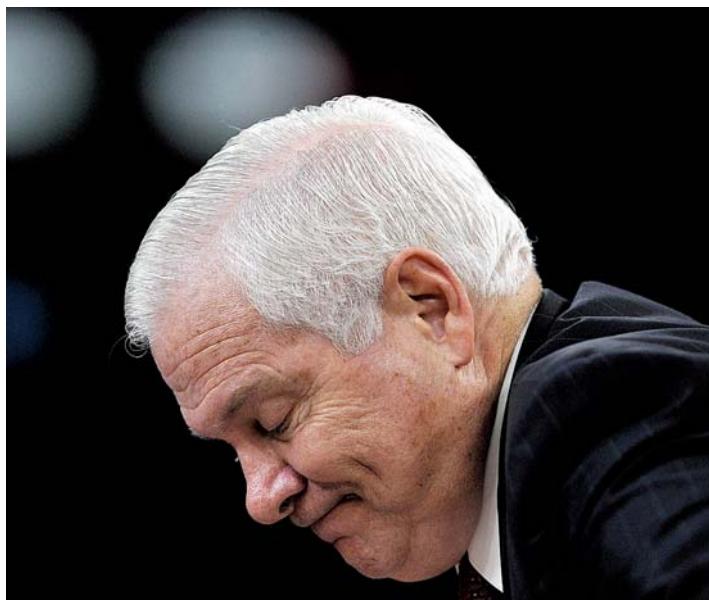
Washington

The Defense Department has unveiled a surprising new plan to start reining in its supersized budget: After nine years of unbridled war spending, the military will finally start bargain hunting.

Defense Secretary Robert Gates told reporters at a Pentagon news conference Tuesday that the military will begin factoring in affordability before committing to a purchase. Any contracts exceeding \$1 billion will be scrutinized in particular for ways to keep costs down. And when looking to spend money, the military will try to do more comparison shopping, Gates said.

The initiatives are part of Gates' goal to find \$100 billion in budget fat in the next five years, money that he says is needed to care for U.S. troops and modernize weapons.

Such steps may seem like com-



JEWEL SAMAD/AFP/GETTY IMAGES

Robert Gates outlines the Pentagon's plan for reining in the budget Tuesday in D.C.

mon sense in most American households, now trying to survive the worst economic downturn since the Great Depression. But the Defense Department has mostly escaped any belt-tightening in the past decade, as it committed tens of thousands of troops to Iraq and Afghanistan. Lawmakers in Congress, meanwhile, were

eager to support the troops.

The Pentagon now spends roughly \$700 billion a year, which includes the cost of both wars. Of that amount, about \$200 billion is spent on goods such as new weapons and fuel, and \$200 billion goes toward services such as weapons maintenance and computer networking.

Feeding Frenzy

Defense officials and budget hawks say the heightened spending in recent years prompted a feeding frenzy within the defense industry.

Meanwhile, there was minimal oversight from the Pentagon, which was more focused on equipping troops on the battlefield than on comparing costs. And in order to ensure that key programs don't suffer — health benefits for troops, for example — Defense Secretary Robert Gates says the military will have to find ways to do business smarter. (AP)

Gates, who is expected to retire sometime next year, has already announced a plan to disband an entire headquarters in Norfolk, Va., known as the U.S. Joint Forces Command. He also wants to cut the general officer corps, which he says has grown too large and expensive.

His proposal announced Tuesday takes direct aim at the defense industry and the approximate \$400 billion a year it earns in contracts for goods and services.

ANNE FLAHERTY (AP)



HEALTH

JUNIOR DOCTORS quickly learn that exposure to patients' germs is part of the job, but a study suggests many are returning the favor. More than half of doctors in training said in a survey that they'd shown up sick to work, and almost one-third said they'd done it more than once. Misplaced dedication and fear of letting other doctors down are among the reasons the researchers cited as possible explanations. (AP)



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Nation

More U.S. Women Earn Ph.D.s Than Men

Doctoral degrees were academia's final gender divide

Washington

For the first time, more women than men in the United States received doctoral degrees last year, the culmination of decades of change in the status of women at colleges nationwide.

The number of women at every level of academia has been rising for decades. Women now hold a nearly 3-to-2 majority in undergraduate and graduate education. Doctoral study was the last holdout — the only remaining area of higher education that still had an enduring male majority.

Of the doctoral degrees awarded in the 2008-09 academic year, 28,962 went to women and 28,469 to men, according to an annual enrollment report from the Council of Graduate Schools.

"It is a trend that has been

Total Doctorates

women	28,962	men	28,469
-------	--------	-----	--------

EDUCATION

5,130	4,851
2,488	2,056

HEALTH SCIENCES

5,130	4,851
2,488	2,056

BEHAVIORAL/ SOCIAL SCIENCES

4,271	2,894
2,894	736

MATH/COMPUTER SCIENCES

2,008	1,612
736	736

ENGINEERING

5,814	3,210
1,599	1,612

PHYSICAL SCIENCES

3,210	1,612
1,612	1,612

snaking its way through the educational pipeline," said Nathan Bell, the report's author and the director of research and policy analysis for the council. "It was bound to happen."

DANIEL DE VISE (THE WASHINGTON POST)

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Nation

A Sweeter Name for Corn Syrup?

New York

The makers of high-fructose corn syrup want to sweeten its image with a new name: corn sugar.

The Corn Refiners Association applied Tuesday to the federal government for permission to use the name on food labels. The group hopes a new name will ease confusion about the sweetener, which is used in soft drinks, bread, cereal and other products.

Americans' consumption of corn syrup has fallen to a 20-year low on consumer concerns that it is more harmful or more likely to cause obesity than ordinary sugar, perceptions for which there is little scientific evidence.



THE CORN REFINERS ASSOCIATION/AP

The Corn Refiners Association wants to change the public's view of corn syrup.

However, some scientists have linked consumption of full-calorie soda — the vast majority of which is sweetened with high-fructose corn syrup — to obesity.

The Food and Drug Administration could take two years to decide on the name.

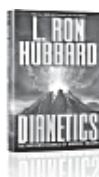
Sugar and high-fructose corn syrup are nutritionally the same, and there's no evidence that the sweetener is any worse for the body than sugar, said Michael Jacobson, executive director of the Center for Science in the Public Interest.

Still, Americans increasingly are blaming high-fructose corn syrup and avoiding it. First lady Michelle Obama has said she does not want her daughters eating it.

"They're not saying this is a healthy vitamin or health product," said Tim Calkins, a marketing professor at Kellogg School of Management at Northwestern University. "They're just trying to move away from the negative associations." EMILY FREDRIX (AP)

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The National Institute of Mental Health at the National Institutes of Health in Bethesda, MD is conducting an outpatient research study exploring the effects of hormones on mild stress.

The study requires 3 outpatient visits lasting 3 to 4 hours each. Volunteers will be interviewed and will complete a series of tasks in which physiological functioning will be recorded. Volunteers will receive either a hormone or saline, both given as a nasal spray, and then be exposed to stimuli that may cause mild anxiety.

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- are pregnant or breastfeeding

Location of study:

- Study is conducted in Bethesda, Maryland, accessible by metro via the Red Line (Medical Center stop).

All study-related tests and medications are provided at no cost.

Participants are compensated.

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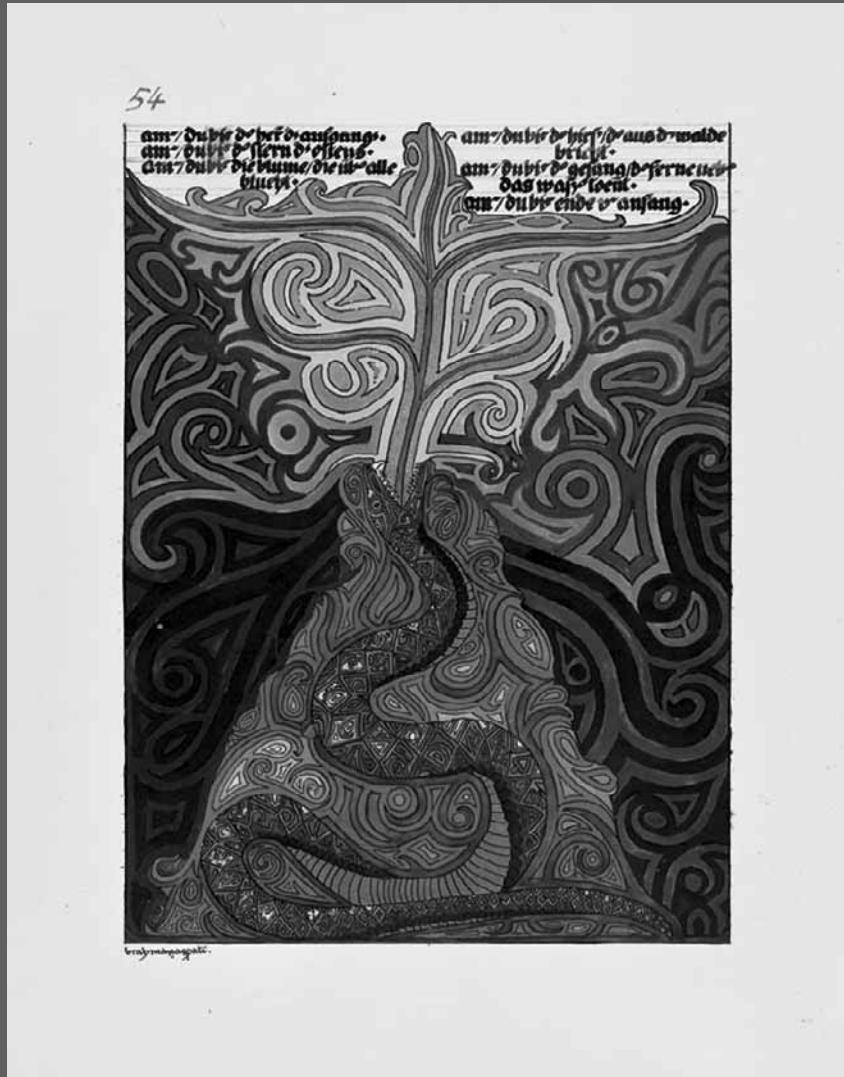
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Nation

In Brief



Ex-Illinois governor Rod Blagojevich was found guilty of lying last month.

CHICAGO

Blagojevich Asks Judge To Overturn Conviction

Former Illinois governor Rod Blagojevich has asked trial judge James Zagel to nullify the lone conviction in his mostly deadlocked corruption trial, saying the jury's decision was underpinned by errors at trial and misconduct by prosecutors. (AP)

HARTFORD, CONN.

Ex-Mayor Gets Three Years In Prison for Corruption

A judge on Tuesday sentenced former Hartford mayor Eddie Perez to three years in prison for taking a bribe and attempted extortion, saying he must be held accountable for his actions despite his good deeds as a public servant. (AP)

MEMPHIS, TENN.

Plant Blast Injures Six

An explosion and flash fire Tuesday at a plant that makes flares for the military injured six people, three of them critically, authorities said. County Mayor Willie Spencer, who was at the scene, said the fire apparently was contained to one building, which was heavily damaged. "It could have been a lot worse," he said. (AP)

WASHINGTON

NTSB Faults Controller For '09 Midair Collision

Errors by an air traffic controller distracted by a personal phone call set the stage for a midair collision last year over New York's Hudson River between a tour helicopter and a small plane that claimed nine lives, including five Italian tourists, the National Transportation Safety Board said Tuesday. (AP)

In Brief



CLAUDE PARIS/AP

France's ban on the burqa-style veil affects fewer than 2,000 Muslim women.

PARIS

Ban on Burqa-Style Veils Passes in French Senate

The French Senate on Tuesday passed a bill banning the burqa-style Islamic veil in public, but the leaders of both parliamentary houses said they had asked a special council to first ensure the measure passes constitutional muster amid concerns its tramples on religious freedoms. The Senate voted 246-1. (AP)

SRINAGAR, INDIA

Police Threaten to Shoot Curfew-Defying Civilians

Indian police patrolled the streets of Kashmir on Tuesday, threatening to shoot anyone defying a round-the-clock curfew a day after 19 people died in battles between troops and protesters. Still, hundreds of anti-India protesters took to the streets, and government forces fired live ammunition and tear gas, police said. (AP)

Stalemate for Peace Talks Deal

No tangible progress recognized between Israelis, Palestinians

Sharm El-Sheikh, Egypt

Under pressure to compromise, Israeli and Palestinian leaders on Tuesday dug into the central issues blocking a peace deal, but the latest talks produced no visible progress on the divisive issue of Jewish settlements.

Israeli Prime Minister Benjamin Netanyahu and Palestinian President Mahmoud Abbas held an extra, unscheduled session with U.S. Secretary of State Hillary Rodham Clinton, but there was no word on signs of a breakthrough. After the leaders' first meeting at this Red Sea resort, U.S. peace envoy George Mitchell offered reporters a mildly positive assessment.

Mitchell said the core issues in



One peace talk issue at hand is the Sept. 26 deadline for restricting new construction for Israeli settlers in the West Bank.

the peace process were discussed, but all sides agreed not to reveal which ones or with what results.

"I'm not going to attempt to identify each one that was discussed, but several were in a very serious, detailed and extensive discussion," Mitchell said.

Israeli officials said Sharm el-Sheikh was chosen for Tuesday's

meeting in recognition of Egypt's key role in regional peace efforts. "We were guests of the Egyptian President Mubarak," said Mark Regev, Netanyahu's spokesman.

"Egypt plays an important role in supporting this process."

The leaders move on to the holy city of Jerusalem for more discussions Wednesday in another

symbolic gesture aimed at underscoring the importance of the negotiations.

The status of Jerusalem is one of the thorniest issues dividing the two sides. Israel claims the undivided city as its capital, while the Palestinians want the eastern part to be the capital of an eventual state.

ROBERT BURNS (AP)

Record Level of U.S. Airstrikes Hit Afghan Militants in Pakistan

Islamabad

Drone aircraft unleashed two missile attacks in a lawless tribal region on the Afghan border Tuesday, making September the most intense period of U.S. strikes in Pakistan since they began in 2004,

intelligence officials said.

The stepped-up campaign is focused on a small area of farming villages and mountainous, thickly forested terrain controlled by the Haqqani network, a ruthless American foe in Afghanistan, U.S. officials say. There is some evidence

the network is being squeezed as a result, one official said.

American officials said the airstrikes were designed to degrade the Haqqanis' operations on the Pakistani side of the border, creating a "hammer-and-anvil" effect as U.S. special operations forces

carry out raids against their fighters across the frontier in Afghanistan. The officials spoke on condition of anonymity.

The missiles have killed more than 50 people in 12 strikes since Sept. 2, according to an Associated Press tally. (AP)

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Council member Kwame Brown, D-At-Large, voted Tuesday morning at the Washington Seniors Wellness Center in Southeast.

DC Rider

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— COMMENTER ANGEL L. LUNA

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Evening Lucky Numbers (Mon.).....	5-1-4
Mid-day DC 4	7-6-3-2
Evening DC 4 (Mon.).....	6-8-5-6
Mid-day D.C. Five	1-0-4-1-4
Evening D.C. Five (Mon.).....	1-3-6-6-6
Daily 6 (Mon.).....	1-13-24-26-28-30 (34)

Maryland

Mid-day Pick 3.....	2-2-5
Evening Pick 3 (Mon.)	8-4-1
Mid-day Pick 4	4-3-8-5
Evening Pick 4 (Mon.)	9-2-7-0
Match 5 (Mon.).....	8-16-21-30-39 (4)

Virginia

Mid-day Pick 3.....	7-4-2
Evening Pick 3 (Mon.)	7-4-6
Mid-day Pick 4	9-6-4-7
Evening Pick 4 (Mon.)	8-2-7-1
Mid-day Cash 5 (Tues.).....	7-9-17-23-25
Evening Cash 5 (Mon.)	1-5-6-29-32

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Glitches Delay D.C. Voting

Gray campaign says inoperable machines, late openings to blame

Washington

On a day marked by light voter turnout at many Maryland and D.C. polling sites, some D.C. primary voters shunned new touch-screen machines for old-fashioned paper ballots amid reports of computer glitches that delayed poll openings in some precincts.

In the District, voting was complicated at several precincts by a series of problems. Many voters who arrived before polls officially opened at 7 a.m. had to wait for technicians to figure out why some of the new voting machines weren't ready.

The extent of the problem was disputed. The campaign of D.C.



Late Results

The polls for Tuesday's D.C. primary elections closed after Express' deadline. For results of the Democratic mayoral primary and other races | postlocal.com



Council Chairman Vincent C. Gray, who challenged Mayor Adrian M. Fenty in the Democratic primary, said it had identified 15 precincts with various issues, including late openings, inoperable machines and unsecured ballots. "To have those types of irregularities is unconscionable," said Gray spokeswoman Traci Hughes.

Outside Backus Middle School in Northeast Washington, Gray cited reports of some early voters' being turned away because of faulty equipment. "There's no excuse for this," he said.

"Overall, the problems have been small," he added. "We've had some machine issues. These are the hiccups I said would occur. The majority of the city seems to be running smoothly."

CAROL MORELLO AND MICHAEL DEBONIS
(THE WASHINGTON POST)

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MUSIC

Remy Munasifi — the Clarendon rapper whose YouTube videos have gotten nearly 50 million hits, including

his hit "Arlington Rap" — has a new song out. "Metro Song" is a three-and-a-half minute ode to the troubled transit system, filmed with Remy's signature snarky, somewhat deadpan style. "Metro Song" is one of six songs on his new Comedy Central release called "The Falafel Album." (EXPRESS)

[Twinkle toes]



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A Bittersweet Reunion

Freed U.S. hiker embraces her mother with thoughts on remaining prisoners

Tehran, Iran

Just a few hours after being released from a cell in Tehran's Evin Prison, American Sarah Shourd stepped off a private jet in Oman and into the arms of her mother. It was their first embrace since a brief visit in May overseen by Iranian authorities — and Shourd's first day of freedom in more than 13 months.

Shourd smiled broadly as they strolled arm in arm through the heat of the late summer night along the Gulf of Oman. Her whirlwind exit from Iran on Tuesday came after an apparent diplomatic deal to cover a \$500,000 bail and secure a release that seemed in jeopardy from the start.

Shourd was met by her mother and U.S. diplomats at a royal airfield in the capital of Oman, which U.S. officials say played a critical role in organizing the bail payment and assuring it did not violate American economic sanctions on Iran.

"I'm grateful, and I'm very humbled by this moment," she said before boarding the plane in Tehran for the flight to Oman.

The departure of the 32-year-old Shourd brought little change for two other Americans — her fiance, Shane Bauer, and Josh Fattal — who remained behind bars while authorities moved toward possible trials on spy charges that could bring up to 10 years in prison if they are convicted.

The three were detained along the Iraq border in July 2009. Their families say they were innocent hikers in the scenic mountains of Iraq's Kurdish region and if they did stray across the border into Iran, they did so unwittingly.

"All of our families are relieved and overjoyed that Sarah has at last been released, but we're also



MOHAMMED MAHJOUB/AFP/GETTY IMAGES

Sarah Shourd is greeted by her mother, Nora, and her uncle upon arriving in Oman Tuesday.



Public Relations

President Mahmoud Ahmadinejad may have felt the sting from the judiciary over the handling of Sarah Shourd's release, but he came away with the outcome he sought: a goodwill gesture less than a week before he is scheduled to arrive in New York for the U.N. General Assembly. Shourd's release, some say, could be used to deflect the outcry over a stoning sentence for a woman convicted of adultery and the continued crackdown on opposition groups. (AP)

heartbroken that Shane and Josh are still being denied their freedom for no just cause. ... They deserve to come home, too," said a statement by the three families.

Iran, however, has shown no hints of clemency for the two 28-year-old men. Indictments on espionage-related charges have been filed, and Tehran's chief prosecutor has suggested the cases could soon move into the courts, with Shourd tried in absentia.

Any other scenario could bring more unwanted attention to the growing rivalries inside Iran's Islamic leadership.

Even the gesture to release Shourd on health grounds — first raised as an act of Islamic benevolence last week by Iranian President Mahmoud Ahmadinejad — turned

into a spectacle of high-level political bullying and sniping over who controlled her fate and the overall wisdom of letting her go.

Upon arrival in Oman, Shourd also thanked the sultan for his help and said she would turn her efforts to trying to win the release of her companions.

Shourd's mother, Nora, said she has hoped and prayed for this moment for 410 days.

"Sarah has had a long and difficult detainment, and I am going to make sure that she now gets the care and attention she needs and the time and space to recover," she said. "I can only imagine how bittersweet her freedom must be for her, leaving Shane and Josh behind."

BRIAN MURPHY AND NASSER KARIMI (AP)



Who Paid the Bail?

A U.S. official said neither the U.S. government nor the families of the hikers put up the \$500,000 bail needed for Sarah Shourd's release, but could not say who else might have paid it. All signs pointed to Oman, both a close Western and Iranian ally that wraps around the southeast corner of the Arabian peninsula.

Oman is seen as an important diplomatic bridge with Tehran because the two nations share close bonds as guardians of the Strait of Hormuz at the mouth of the Gulf, the seaway for an estimated 40 percent of the world's oil. Another U.S. official, speaking on condition of anonymity, said Omani negotiators had played a critical, behind-the-scenes role, working with Iran's judiciary and Swiss diplomats who handle U.S. affairs in Iran. Oman was key in coordinating the bail payment, the official said — suggesting some kind of channel to avoid violating American sanctions on Iran.

In a statement, Oman's government said it "welcomes" Shourd's release and hoped "other positive steps will follow in the course of the Iranian-American relations."

More telling, President Obama and Secretary of State Hillary Rodham Clinton both thanked Oman for its assistance in the international crisis. (AP)

Sports

DAMAGE CONTROL

Portis apologizes for remarks about women reporters

The Redskins

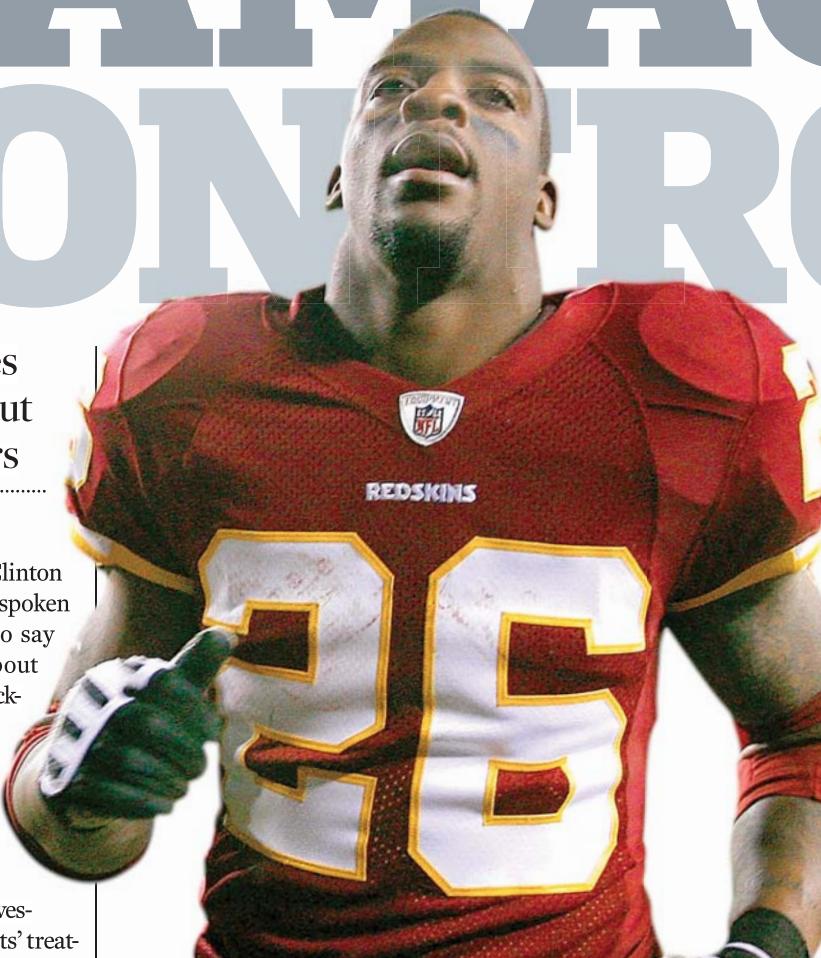
Redskins running back Clinton Portis, known for his outspoken viewpoints, had plenty to say on the radio Tuesday about women reporters in NFL locker rooms.

The league swiftly condemned his comments, and Portis later issued an apology through the Redskins.

Addressing the NFL's investigation of the New York Jets' treatment of TV Azteca reporter Ines Sainz, Portis said that both sides have wandering eyes when the sexes are mixed in such a setting.

"I think you put women reporters in the locker room in position to see guys walking around naked, and you sit in the locker room with 53 guys, and all of the sudden you see a nice woman in the locker room. I think men are going to tend to turn and look and want to say something to that woman," Portis said in his weekly appearance on 106.7 The Fan.

Portis said he wasn't aware of what went on with Sainz, but he offered his opinion on what he considered to be a female reporter's perspective. "I know you're doing a job, but at the same time, the same way I'm going to cut my eye if I see somebody worth talking to, I'm sure they do the same thing."



ACTION:

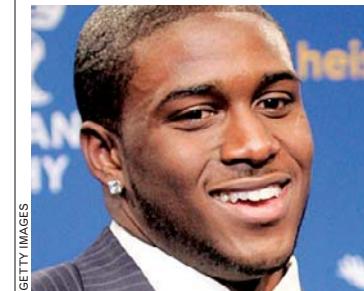
"You put a woman and you give her a choice of 53 athletes, somebody got to be appealing to her. You know, somebody got to spark her interest, or she's gonna want somebody. I don't know what kind of woman won't, if you get to go and look at 53 men's packages."

REACTION:

"I was wrong to make the comments I did, and I apologize. I respect the job that all reporters do. It is a tough job, and we all have to work and act in a professional manner."

— CLINTON PORTIS, APOLOGIZING ONLY HOURS AFTER HE MADE COMMENTS ABOUT WOMEN REPORTERS INSIDE PRO FOOTBALL LOCKER ROOMS.

In Brief



GETTY IMAGES

Former USC star Reggie Bush is the first player to return the Heisman Trophy.

COLLEGE FOOTBALL

Bush Forfeits Heisman

Reggie Bush says he is forfeiting his Heisman Trophy. The New Orleans Saints running back released a statement Tuesday saying he would give back the award that he won in 2005 while he was at Southern California. It's the first time college football's top award was returned by a recipient. (AP)



Backstory

The Jets are being investigated by the NFL after a few players made catcalls directed at TV Azteca reporter Ines Sainz on Saturday while she was waiting to interview Mark Sanchez. Also, a coach seemed to deliberately throw the ball to players who were near Sainz during a practice drill. (AP)

NFL spokesman Greg Aiello called the player's remarks "clearly inappropriate, offensive, and have no place in the NFL."

In the past, Portis has riled teammates and coaches when speaking his mind. He uncharacteristically stayed out of the spotlight through the offseason. Recently, he talked about how much he was enjoying his new low profile.

"I realize you can't satisfy people," Portis said last week. "And there's no reason to continue to try, no matter what you do. If I talk to the media, the headline's going to be I bash somebody I shouldn't bash. If I don't talk to the media, I'm a jerk for not speaking, so you can't satisfy people." (AP)

PRO FOOTBALL

Pack's Grant Out for Year

Green Bay Packers running back Ryan Grant is out for the season with a right ankle injury, a significant blow to the team after he piled up 1,200 yards in each of the past two seasons. The Packers also placed former first-round pick Justin Harrell on injured reserve and signed running back Dimitri Nance and defensive end Jarius Wynn to fill their spots on the roster. (AP)

PRO FOOTBALL

Jets' Jenkins Tears ACL

Kris Jenkins' comeback lasted less than one quarter. The New York Jets defensive tackle will miss the rest of the season after tearing the anterior cruciate ligament in his surgically repaired left knee in the team's opener against Baltimore on Monday night. (AP)

BASEBALL

K-Rod Faces New Charges

Mets closer Francisco Rodriguez violated a restraining order by sending dozens of text messages to his girlfriend in the weeks after he was accused of assaulting her father outside a family lounge at Citi Field and will face additional charges, prosecutors said Tuesday. (AP)

Sports

Dukes Revel in Big Upset

Celebrations abound after James Madison shocks Virginia Tech

College Football

At times, it's hard to hear James Madison coach Mickey Matthews over the clanging of plates and silverware during his weekly Monday afternoon media luncheon at Ham's Restaurant. The athletic department began holding these sessions back in 2007 as a way for fans to ask questions and interact with Matthews after a game.

On Monday, though, less than 48 hours removed from arguably the biggest victory in program history, the scene at Ham's was anything but normal. Harrisonburg, Va., resident Jack Hale, a retired teacher and a regular at these weekly interviews, said he'd never seen this many people show up to talk with the coach, estimating there were three, maybe even four times the amount of people compared with a usual week.

But when Matthews walked through the double doors of the sports bar, the packed restaurant went quiet for a moment. There was no need for an introduction; every patron simply rose up and gave their football coach a standing ovation.

These are unprecedented times in this college town of more than



James Madison celebrates after its 21-16 win over Virginia Tech on Saturday.

"The '04 guys will probably tell you [the national championship] was bigger, but for us to go down to Lane Stadium, ... is huge."

— JMU COACH MICKEY MATTHEWS, ON THE WIN OVER VIRGINIA TECH.

40,000 nestled within the hills of the Shenandoah Valley, 130 miles southwest of Washington. Though the Dukes won a division I-AA national championship in 2004, Saturday's 21-16 upset of Virginia Tech, just the second time a division I-AA program had defeated a ranked I-A opponent, perhaps was more meaningful.

Senior QB Drew Dudzik said a crowd of more than 500 greeted the Dukes when they returned to campus Saturday night. Some of those fans then broke into Bridgeforth Stadium, James Madison's home field, to celebrate some more.

Matthews said he could barely get his car out of the parking lot to drive home, equating the parties that took place on campus to Christmas morning.

"Obviously, we're all over the news and everything, so it's great for JMU," said Dudzik, who scored the game-winning touchdown for the Dukes. "It's gonna do a lot for our program now and in the future. But we're not gonna get too cocky off this one game." MARK GIANNOTTO (THE WASHINGTON POST)

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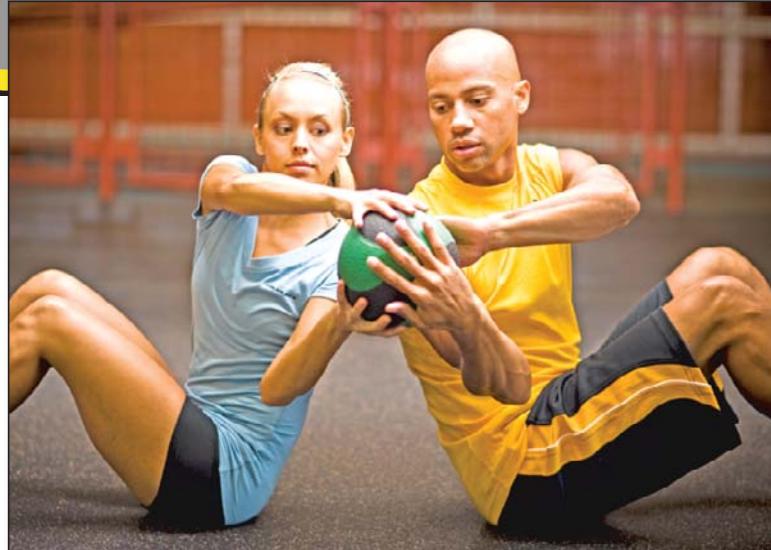




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Sports

Nadal Caps Golden Year

U.S. Open victory adds to Spaniards' sports achievements

Tennis

Spain's golden year of sporting success just keeps getting better.

Rafael Nadal's victory at the U.S. Open is the latest coup for Spain in a season-long fiesta on the international stage.

Spain won the World Cup in South Africa, Alberto Contador captured his third Tour de France title and Nadal completed a career Grand Slam on Monday night.

Nadal followed up his victories at the French Open and Wimbledon this summer by beating Novak Djokovic 6-4, 5-7, 6-4, 6-2 in the U.S. Open final for his ninth



LIVE BRUNSKILL/GETTY IMAGES

Rafael Nadal completed the career Grand Slam by winning the U.S. Open.

Grand Slam title. At age 24, Nadal is being talked about as one of the greatest players of all time.

"He's already a legend," sports

daily Marca said of Nadal, describing him as "the best in history" by this stage of his career. Many newspapers were wondering whether Nadal could be the greatest Spanish athlete of all time. Nadal also won Olympic gold in Beijing in 2008 and helped Spain to three of its four Davis Cup titles since 2004. "History is at his feet," Marca said.

Nadal's victory also raised the nation's spirits after the only real disappointment this year: Spain's national team failed to defend its world basketball championship title in Turkey, losing to Serbia in the quarterfinals.

But there could be more celebrations to come. Spanish racing driver Fernando Alonso won the Italian Grand Prix on Sunday and is in contention for his third Formula One title. PAUL LOGOTHETIS (AP)

TV Lineup

NATIONALS (12:30 P.M., MASN)

The Nats can have a say in the NL East race — by beating the Braves in a Wednesday matinee.

BASEBALL (7 P.M., 10 P.M. ESPN)

The Rays and Yankees play for first place in the AL East, and the Giants and Dodgers duke it out in the ultra-competitive NL West.

Togo: 'Fake' Team Played Bahrain

Soccer

The Togo team that lost 3-0 to Bahrain in an exhibition last week was "completely fake," the chairman of Togo's interim soccer federation told The Associated Press on Tuesday.

Seiyi Memene said the federation did not know the players who claimed to represent Togo in the

match at Bahrain's National Stadium in Riffa last Tuesday.

"We cannot send our players to play friendly matches abroad without the approval of FIFA," Memene told the AP. "The players that took part in the friendly match against Bahrain were completely fake. We have not sent any team of footballers to Bahrain. The players are not known to us." (AP)

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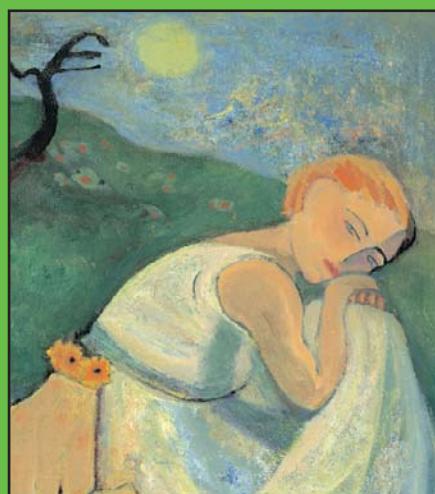
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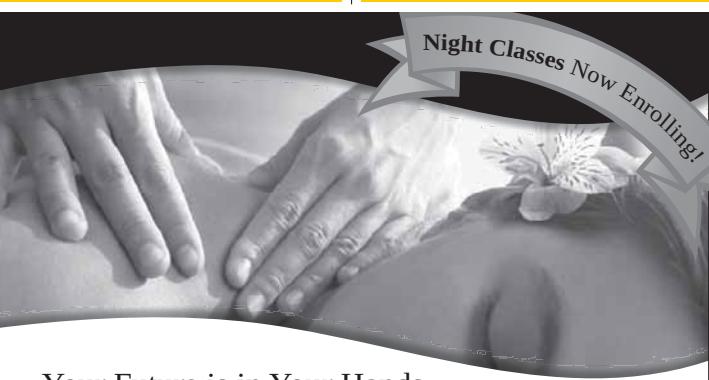
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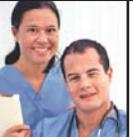
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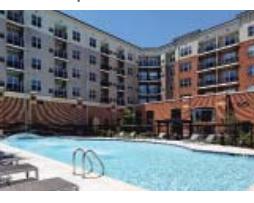
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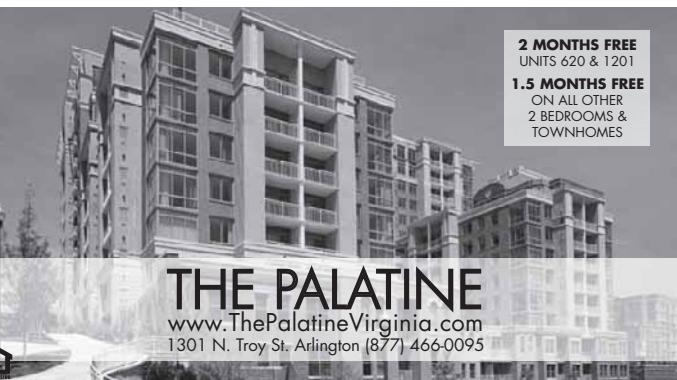
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That's why I've been a bit baffled by the recent launch of Google Instant, the new feature of the website that starts searching the Internet before you've even finished typing your request.

Testing out the service a few times over the past week, I've found it to be harmless enough but not all that helpful either. My typing is not so great, and a misspelling here or there pretty much kills any time-saving Google Instant has to offer.

But the new feature has made me more aware of just how dependent I have become — just like everyone else — on Google and the Internet to answer pretty much every question or find any fact.

"We want to make Google the third half of your brain," Sergey Brin, a Google co-founder, said at the press conference announcing the new feature. Even overlooking Brin's faulty math there, I'm not sure I'm comfortable outsourcing part of my brain.

Rocker Robert Plant turns a new page in his exploration of the sounds of Americana

Album Review

In the mid-1960s, before he met Jimmy Page and formed the New Yardbirds, which eventually rechristened itself Led Zeppelin, Robert Plant spent a brief tenure in a group called the Band of Joy. It went through various lineup changes from 1965 through 1967, but the most notable was the one that paired Plant with future Zep drummer John Bonham.

It's a footnote in Page's career, yet more than 40 years later, Plant has revived the Band of Joy moniker for a 2010 tour, and for his lat-



Robert Plant
Band of Joy

est solo album. He hasn't, however, revived the band's sound. Rather than turning out blues-rock and soul from the 1960s, Plant continues to dabble in the retooled Americana that worked so well for him on his last album, 2007's "Raising Sand." That Grammy-winning effort paired him with violinist Alison Krauss of the bluegrass-pop outfit Union Station.

Krauss is, sadly, absent on "Band of Joy," but Plant has corralled an impressive roster of guest musicians and collaborators, including Buddy Miller, ace guitarist Darrell Scott



Ex-Led Zeppelin frontman Robert Plant is branching out beyond his blues-rock roots.

Completely Logical

An arrest makes Spencer hopeful he'll win back wife Heidi **35**

Creativity

Experimental Age

Collaborating with Buddy Miller on "Band of Joy" was freeing, Plant says. "It was a different yet very vaguely familiar feeling within me that I could now just do anything at all and go and enjoy my dalliances with all kinds of music," Plant says. "It just felt like — I hate to say it, but it felt young. It felt like I didn't know what was going to happen next, and it didn't really matter."

(BILLBOARD.COM)

and Patty Griffin. The album picks up around where "Rising Sand" left off but sounds more expansive in its view of Americana.

Plant seizes on Southern folk, Appalachian balladry, rockabilly, country and even contemporary indie rock. He covers Los Lobos, Richard Thompson, Townes Van Zandt, R&B singer Barbara Lynn and Low. This diversity is the album's whole point, and "Band of Joy" manages to sound cohesive in its disarray: The apocalyptic drone of Low's "Silver Rider" complements the country song "Satan, Your Kingdom Must Come Down," here rendered as a spidery acoustic haunt.

What enlivens the album even when the music threatens to congeal is Plant's inimitable voice, which has aged gracefully. Despite the title, the album is not a return, but a continuation of a new and unlikely chapter in a legendary career. **STEPHEN M. DEUSNER**

expressnightout.com ► Azure Ray's comeback album brings an eerie, feverish twist to its established dream pop sound ► Marissa Paternoster is one Screaming Female who can really shred ► Up-and-coming soul vixen Janelle Monae stole the show from headliners Of Montreal at the 9:30 Club on Monday night.

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Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

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1 Indie Rock, but Mostly Rock

If indie rock makes you think of weepy emo dudes singing about dying, Ludo will either be a welcome departure or will upset all your assumptions about the universe and set you on a downward spiral that ends with your having a spiritual epiphany on someone else's bathroom floor. Ludo's best song, "Love Me Dead," will get you through even the worst breakup. **9:30 Club, 815 V St. NW; 6:30 p.m., \$15; 202-265-0930, 930.com. (U St.-Cardozo)**

2 Big Questions

Physicists do not mess around. When other scientists say, "Oh, let us do this tiny experiment to determine whether people with long ring fingers are worse at running," physicists are searching for a theory of *everything*. Maybe their ambition is why they, um, haven't figured out that theory yet. Tonight, physicist Marcelo Gleiser talks about why he thinks the Theory of Everything isn't the best way to explain the universe. **Ripley Center, 1100 Jefferson Drive SW; 6:45 p.m., \$40; 202-633-3030, Residentassociates.org. (Smithsonian)**

3 Viva Mexico

We know you thought Cinco de Mayo was Mexico's Independence Day — seriously, we tried to explain this back in May. In fact, Mexican Independence Day is in September, and the Kennedy Center is throwing a fiesta to celebrate the country's bicentennial. Ozomatli, which plays a mishmash of Latin, hip-hop and rock, will put on a performance. **Kennedy Center, 2700 F St. NW; 6 p.m., free; 202-467-4600, Kennedy-center.org. (Foggy Bottom)**

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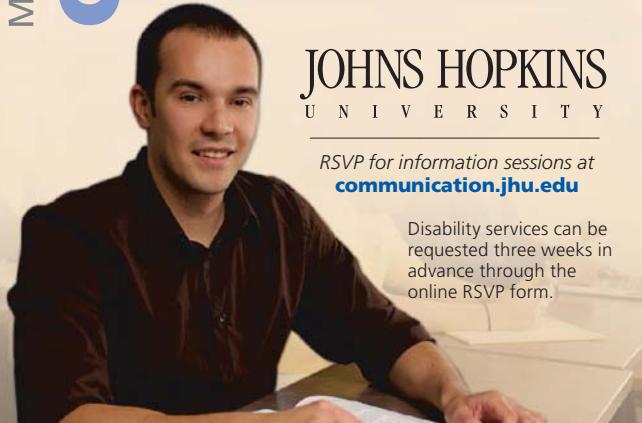
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lookout entertainment

World's Worst Job Interviews

The economic slump sets the stage for a fierce competition on this fall's 'Apprentice'

TV Preview

THU 9:00 The new season of "The Apprentice" returns the long-running business competition to its non-celebrity roots.

But there's a difference. The 16 candidates who scramble for Donald Trump's winner-take-all favor display somewhat less swagger than their counterparts from past seasons. They have brains, ability, education — and most had good jobs. Then they were slammed by the economy. Sadder but presumably wiser now, they're vying for a chance to get a fresh start with Trump.

"I hate what I'm seeing, and I'm going to do something about it," Trump declares at the top of the show, airing Thursday night on NBC.

He knows that for the current crop of players, not just their careers are at stake, but the welfare of their families, too. Even their sense of self-worth.

"We wanted to find people who seem like they should never be out of work."

— MARK BURNETT, "APPRENTICE" CREATOR AND CO-EXECUTIVE PRODUCER

This make-or-break subtext will be all too relatable to viewers, and it gives "The Apprentice" a dramatic new edge.



Douglas Gorenstein/NBC

Donald Trump, left, is doing his part to keep reality TV execs gainfully employed.

"We wanted to find people who seem like they should never be out of work," says Mark Burnett, who created the series and, with Trump, is an executive producer.

He points to Alex, with a back-

ground in mechanical engineering, who after being laid off from his job in Santa Ynez, Calif., struggled to make ends meet driving a tow truck. And Poppy, whose prospective job in breast-cancer research

fell through when funding dried up. As the series begins, she is living with her parents and taking care of her grandmother.

"The people on the show decided not to lay down and cry about being in a bad situation, but to fight back," Burnett says.

And "fight" is the operative word. Even on the first episode, tensions run high.

David, in particular, wastes no time butting heads with his own teammates. Understandable. A father of five, he was once a successful telecom account manager. The economic downturn not only cost him his job but also his marriage, he tells Trump: "The ultimate goal is to bring my family back together."

Maybe not, if he doesn't learn to control his temper. Meanwhile, conflict makes for good television.

FRAZIER MOORE (AP)

Deliberate and Mesmerizing

Less is much more on J. Tillman's slow and bold new tracks

Album Review

Even with the pull that should come with being the drummer for Seattle folk band Fleet Foxes, J. (Josh) Tillman still flies way below the radar with his solo work. His newest, "Singing Ax," will come out on wax and download only on Austin indie label Western Vinyl. And it's a shame this fantastic album won't be more widely heard: Tillman's voice is captivating, and his slow-paced, minimally accompanied songs create a sultry, chilling air.

The disc features exquisite recording by legendary engineer Steve Albini, whose delicate touch shows: The album sounds as though Tillman is playing by



COURTESY TELL ALL YOUR FRIENDS PR

Fleet Foxes drummer J. Tillman delivers bare, ethereal melodies that unfold quietly.

candlelight. "Singing Ax" at times recalls Iron & Wine's early work, but with an even barer sound. Tillman also has a bolder voice than Sam Beam; the guitar accompaniment to "One Task" is so faint at times that Tillman sounds like he's singing a cappella, an effect

that's totally hypnotizing. The song moves slowly, and while the lyrics do tell a story, it's sometimes hard to follow with so much space between words and phrases. Still, he captures the entire weight of his narrative as his voice cracks and fades to a whisper on the moving

line, "I had to drag a horse to the field with my father's gun."

It's not an easy task being so exposed. But even at its an unhurried pace, "Ax" creates a momentum. The six-and-a-half-minute album opener, "Three Sisters," uses Tillman's sparse guitar and the slow heartbeat of a drum machine to conjure a trancelike atmosphere.

It may read like bleak despair, but Tillman's minimal folk is far from hopeless. He creates an expansive atmosphere with his music, and the fact that he's able to conjure so much emotion with so little instrumentation is a testament to the power of his songwriting — and his vivid voice. CATHERINE LEWIS

Mixed Media



Singing Ax
J. Tillman



**"FLAMINGO,"
BRANDON FLOWERS**

The Lone Killer

For all intents and purposes, the debut solo disc by Killers frontman Brandon Flowers is the next Killers album; it just doesn't feature those guys whose names you probably don't know anyway. Their absence means that the songs are missing the mystique that made the Killers such a rare breed. Regrettably, most of "Flamingo" falls flat. Clocking in at only 10 tracks, the disc's overarching feeling here is less killer, more filler. NEVIN MARTELL

TV tonight lookout

Cupcakes Galore

'Just Desserts' is a more cloying version of Bravo's 'Top Chef'

Spin-Off

BRAVO 11:00 In "Top Chef Just Desserts" — Bravo's latest spinoff of "Top Chef" — 12 contestants and four judges take on "America's sweet tooth," according to host Gail Simmons. But with so much cute and so little edge, this show might just give you a sugar headache.

Simmons is joined on this saccharine odyssey by judges Danielle Kyrillos, editor-at-large of DailyCandy; chef Hubert Keller; and head judge Johnny Iuzzini, executive pastry chef at Restaurant Jean Georges in New York City.

In the premiere episode, things start out calmly, as the contestants — one of whom will win a feature in Food and Wine magazine and \$100,000 from Godiva, among other prizes — are revealed.

The hometown favorite is Heather Chittum, who is a pastry chef at the Hook and Tackle Box restaurants in Georgetown.

After everyone meets up in Los Angeles, Simmons tells them their quickfire challenge is to create their own signature dessert with 30 minutes and \$50 to shop. But there's a twist: Halfway in, everyone must transform their dish into a cupcake.

The elimination challenge sees the group creating decadent chocolate desserts, which will be served to a crowd, including Jacques Torres, a renowned French chef known as "Mr. Chocolate." ROXANA HADADI



SCOTT SCHAFFER/BRAVO

Best Bets

CBS 8:00

Survivor: Nicaragua So, is it true that age and teachery always will triumph over youth and skill? That adage may be tested as two tribes of 10 — one made up of players 40 and older, the other 30 and under — try to outwit, outplay and outlast.

NBC 10:00

Outlaw Jimmy Smits, right, stars as Cyrus Garza, a right-wing Supreme Court justice who steps down from the bench to right the wrongs of a corrupt legal profession that places personal gain over innocence and guilt in this new drama.

TLC 10:00

LA Ink Kat heads to New York to meet with Sephora about her new perfume, but she also has to stop off at HarperCollins Publishers to break some bad news to her editor about her second book. Meanwhile, Corey spills the ugly truth to a magazine interviewer.

BRAVO 10:00

Top Chef Gimmicky challenges are set aside as the deciding moment arrives and the final three chefs are invited to make the best meal of their lives in their last bid to take the grand prize and the coveted title of Top Chef. Padma Lakshmi, left, hosts. (TRIBUNE MEDIA)



Acts



A Motley Crew

"America's Got Talent" (8 p.m., NBC) wraps up season five with a two-hour finale. The choice comes down to four very different acts. It's 10-year-old opera singer Jackie Evancho, Vegas-ready stage act Fighting Gravity, pop singer Michael Grimm and, of course, Prince Poppycock, above. Everyone's a winner at this point, right?

(UNITED FEATURE SYNDICATE)



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lookout travel



In the off-season, the scenic Cape Cod Canal Bikeway in Bourne, Mass., is a low-key destination for cyclists and walkers alike.

Escape to the Cape

Post-Labor Day, Mass. is a bicycling haven for riders seeking sparse crowds and paved paths

Excursions

Cycling Cape Cod in the summer is like experiencing an ice cream cone: You'll wait in line surrounded by kids and end up sticky. But bike riding the Cape in the fall? That's more like a cranberry cocktail: slightly sophisticated, cool and colorful.

Just as both refreshments are special treats, so is cycling along one of the paved, car-free paths. Here are some of the options.

Cape Cod Rail Trail

This flat, 22-mile trail runs through oak trees, evergreens and marsh between Wellfleet and Dennis. It passes through Eastham, Orleans and Harwich, where a bike rotary connects a seven-and-a-half-mile spur to Chatham. The Nickerson State park bike network connects to the rail trail and offers another eight miles of hilly cycling around ponds, lakes and bogs.



Autumnal Biking

Experience fall splendor in Cape Cod, all from your bike.

► Capecodbikeguide.com offers maps and other information. You can also pick up maps at bike rental shops along the Cape Cod Rail Trail and in Provincetown.

► High-performance road bike rentals are available at Gale Force Bikes, 144 Bradford St. Extension, Provincetown; 508-487-4849, Galeforcebikes.com; and at Orleans Cycle, 26 Main St., Orleans; 508-255-9115, Orleanscyclecapecod.com. (AP)

Shining Sea Bikeway

This flat path runs 10.7 miles along the coast from Falmouth to Woods Hole, through salt marsh, cranberry bogs, ponds and woods — and along the seashore.

Province Lands Trail

This roller-coaster trail snakes for seven and a half miles through the dunes, wetlands and beaches of the Cape Cod National Seashore near Provincetown.

Canal Bikeway

This flat, concrete path runs about seven and a half miles between the Bourne and Sagamore bridges, offering great views of the canal's boat traffic.

Take advantage after Labor Day, when the visitors leave, the temperatures cool and the Cape takes on a quieter, more relaxed flavor.

"The weather is gorgeous, the crowds are done, the birds are still interesting, and the ocean is right there. It's beautiful," said Wendy Fox of Boston, who spends many weekends in the fall cycling the Cape. "And as the weather cools down, bicycling is a lot easier."

With little to worry about in terms of where to cycle, visitors should focus on planning other parts of their trip. Many shops and restaurants scale back their hours come September, so it's a good idea to call first. **KAREN SCHWARTZ (AP)**



WATER WORKS

Thirsty yet? Here are the details on the gear that'll help whet your whistle.

SodaStream Pure

Includes soda maker, 60-liter carbonator and two reusable plastic bottles.

Looks: Like a skinny coffee maker. Available in silver and white.

Get it at: Retailers such as Hill's Kitchen, Williams-Sonoma (Williams-sonoma.com) and Sur La Table (SurLaTable.com), and at SodaStreamUSA.com.

Price: \$169.95 on SodaStreamUSA.com; \$149.95 on Williams-sonoma.com and SurLaTable.com.

Cool fact: You can exchange the carbonators at any of the retailers mentioned above. (Otherwise, you need to send them back to SodaStream for refilling.)



SodaStream Penguin

Includes soda maker, two 60-liter carbonators and two glass carafes.

Looks: Like a sleek, stylish ocean-dweller-meets-kitchen-appliance.

Get it at: Retailers such as Hill's Kitchen and Williams-Sonoma, and at SodaStreamUSA.com.

Price: \$249.95 on SodaStreamUSA.com and \$199.95 on Williams-sonoma.com.

Cool fact: The carafes are dishwasher-safe (unlike the plastic bottles, which must be hand washed).



iSi Soda Siphon

Includes an iSi soda charger that makes about 32 ounces of soda water.

Looks: Like the spawn of a cocktail shaker and a water bottle. Comes in a variety of colors.

Get it at: Retailers such as Sur La Table, Williams-Sonoma and Hill's Kitchen, and at iSi-store.com.

Price: \$69.99 at iSi-store.com and \$99.95 for a stainless-steel version from Sur La Table.

Cool fact: The chargers can be recycled with your home recycling.



I'll Drink To That

Put down the Perrier — and make your own sparkling water

For some women, shoes and purses inspire spending sprees. But Allison Barnett found herself blowing bucks on bubbles. "I've been obsessed with sparkling water for five years," says Barnett, 27, who writes for the blog Endlessimmer.com and is a grad student at Howard University. "I was buying so much, I had to budget for it."

But now that she's started making her own bubbly H2O, she's gotten control of her liquid assets. About a year ago, she bought the SodaStream Pure (see right), which uses tap water, reusable plastic bottles and a refillable CO2 cartridge

to carbonate water. "It just made sense," says Barnett, who makes about six bottles of her fizzy fix a day. "It's convenient; I wake up in the morning and can immediately have sparkling water."

Many other people are whipping up carbonated concoctions at home, too, in part because they want to live an eco-friendly lifestyle — aka dumping fewer Poland Spring leftovers into the recycler.

To do that, fizz whizzes make a small up-front investment in sparkling water and soda gadgets, and net a big savings in the long run: DIY bubbly water runs about

25 cents a bottle, as opposed to 80 cents or more at Safeway and Whole Foods. Dispensers cost about \$70 to \$250.

Hill's Kitchen (713 D St. SE; 202-543-1997) started carrying SodaStream, one of the carbonating devices, in March. Shop owner Leah Daniels says it's been a big seller. "If you're a soda-water drinker, it does save lots of money. People like not having to lug things in the city. If you're renting a Zipcar to go buy water, what a waste."

"If you're a soda-water drinker, it does save lots of money."

— LEAH DANIELS, HILL'S KITCHEN STORE OWNER

Waste was one reason Alice Weiss and Steven Badt got their SodaStream. The Columbia Heights couple went through about 12 bottles of seltzer a week, and all those empties in the recycling bin were

not pretty. "You can really see the impact," says Weiss, 41, a deputy director at the National Academy for State Health Policy.

Making your own beverages also provides control over what you sip, from carbonation levels to the amount of sugar or flavoring added. For some people, a splash of juice or slice of fruit works. Others mix

their own versions of Pepsi or Sprite with SodaStream syrups.

If you really want to impress pals, create a cocktail with homemade seltzer. For those just interested in playing bartender, Daniels

recommends the Soda Siphon from iSi, which is smaller, cheaper and better suited for less frequent use than the SodaStream. And you'll save cash mixing mojitos or G&Ts. "A drink that would cost \$15 at a bar is not going to cost one tenth of that at home using a Soda Siphon," says Rick Agresta, president and CEO of iSi North America.

Once you've mastered the process, don't be surprised if you find yourself showing off your skills any chance you get. "Every time a friend visits, I say, 'Can I make you a spritzer?' and pull it out like an infomercial," says SodaStream owner Badt, 42, director of kitchen operations at Miriam's Kitchen. "And most of my friends then go out and get it for themselves. It's like a cult." **BETH LUBERECKI**

lookout online

Poll Center

Today's Question

DO YOU AGREE WITH REGGIE BUSH'S DECISION TO FORFEIT THE 2005 HEISMAN TROPHY?

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Tuesday's Results

DO GAY COUPLES DESERVE THE SAME IMMIGRATION RIGHTS AS HETEROSEXUALS?

74% **26%**

YES — NO —

"It's time for these archaic laws to be changed, and some people of the USA must move beyond their ignorance and hate and stop treating homosexuals as second-class citizens."

COMMENTER GORILLA

"I support legal marital equality — but in the other direction: no more easy jumps to citizenship. In fact, no more legal benefits to any marriage. Keep the government out of it."

COMMENTER CLASSIC STEVE

SEE HOW YOUR METRO STATION VOTED AT WWWEXPRESSNIGHTOUT.COM



"Is Halo: Reach the best Halo yet? Yeah, probably, but unlike when, say, Halo 2 came out, in 2004, it's hardly the only good console shooter out there. You have choices now."

— **CRUNCHGEAR.COM** OFFERS A SIMPLE REVIEW OF THE NEW XBOX GAME RELEASED TUESDAY.



"You could argue that the Old Spice Guy's adventure in instant response was lightning in a bottle, that you'd be crazy to try to replicate it. But I've got faith that if anyone's up to the challenge, it's Conan O'Brien."

— **GIZMODO.COM** WAS IMPRESSED WITH THE TBS LATE-NIGHT TALK SHOW HOST'S QUEST TO TAKE ON QUESTIONS SUBMITTED TO HIM VIA FACEBOOK ON YOUTUBE.

Blog Log



"Although, if Steve Jobs were a secret international ninja star-throwing assassin, owning Apple would be a pretty good cover. Just sayin'"

— **NYMAG.COM/DAILY/INTEL** WAS BUMMED TO FIND OUT IT WAS NOT TRUE THAT JOBS VOWED NOT TO RETURN TO JAPAN AFTER BEING PROHIBITED FROM CARRYING NINJA STARS ON HIS PRIVATE PLANE.



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— **MICHELLEMALKIN.COM** FINDS IT CONTRADICTORY THAT THE PRESIDENT HAS WRITTEN A LETTER TO HIS DAUGHTERS, SASHA AND MALIA, IN HIS NEW BOOK.

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puzzles lookout

Horoscope

VIRGO (Aug. 23-Sept. 22) Start the day off right and you can score a major victory by day's end, provided you keep up the momentum and a positive outlook.

LIBRA (Sept. 23-Oct. 22) You may have unexpected difficulties with someone who is not willing to play by your rules. You can keep a rising conflict to a minimum.

SCORPIO (Oct. 23-Nov. 21) You may be able to satisfy your need for some fun and games, even while tending to certain duties that only you can fulfill.

SAGITTARIUS (Nov. 22-Dec. 21) Rewards and recommendations may come your way by day's end, but, it's still just business as usual.

CAPRICORN (Dec. 22-Jan. 19) The more you give your emotions free rein, the more likely you will be to jeopardize much you have been working for.

AQUARIUS (Jan. 20-Feb. 18) It's a good day to focus on the little things that you can do for yourself to improve mental, physical or emotional health.

PISCES (Feb. 19-March 20) You may choose a false start in order to assess your overall readiness. Take care, — there are certain hazards involved.

ARIES (March 21-April 19) You don't need to do much in order to win the attention of those who can do you a good turn. A valuable alliance is in the making.

TAURUS (April 20-May 20) You're not about to slow down once you begin scoring points; you'll be ready and eager to pick up the pace and maximize gains.

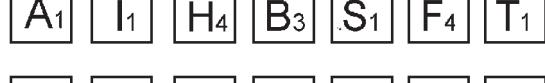
GEMINI (May 21-June 20) Whether right or wrong, you'll want to stay the course and see where it will lead. You can learn from both the good and the bad.

CANCER (June 21-July 22) The time has come for you to acknowledge your true feelings about something that has been in your sights for some time.

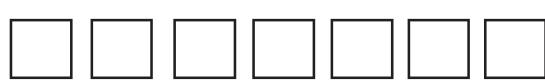
LEO (July 23-Aug. 22) The journey you are likely to take before the day is out will require a great deal of diligence on your part if you are to avoid real hazards.

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 211



3rd Letter Double



Triple Word Score



Yesterday's Solution

G ₂	L ₁	U ₁	T ₁	E ₁	A ₁	L ₁	RACK 1 =	58
A ₁	U ₁	D ₂	I ₁	B ₃	L ₁	Y ₄	RACK 2 =	63
A ₁	S ₁	H ₄	R ₁	A ₁	M ₃		RACK 3 =	19
T ₁	A ₁	B ₃	L ₁	O ₁	I ₁	D ₂	RACK 4 =	70
							TOTAL	210
							PAR SCORE	150-160

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

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Sudoku

MEDIUM

1								2
4							8	5
7						1	5	4
						7		
1	2					3	9	
						8		
2	9	3	6			1		
7			4			6		
4						5		

Yesterday's Solution

6	8	7	1	9	2	4	5	3
5	4	1	6	7	3	2	9	8
2	9	3	5	4	8	6	1	7
4	2	9	7	6	5	8	3	1
1	3	5	8	2	4	7	6	9
8	7	6	3	1	9	5	2	4
7	6	4	2	3	1	9	8	5
3	5	2	9	8	7	1	4	6
9	1	8	4	5	6	3	7	2

Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

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Forecast



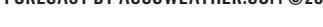
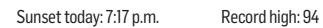
Today: Some clouds, then sunny today. Clear to partly cloudy tonight.



Tomorrow: Becoming cloudy tomorrow. Mainly cloudy tomorrow night with a shower.



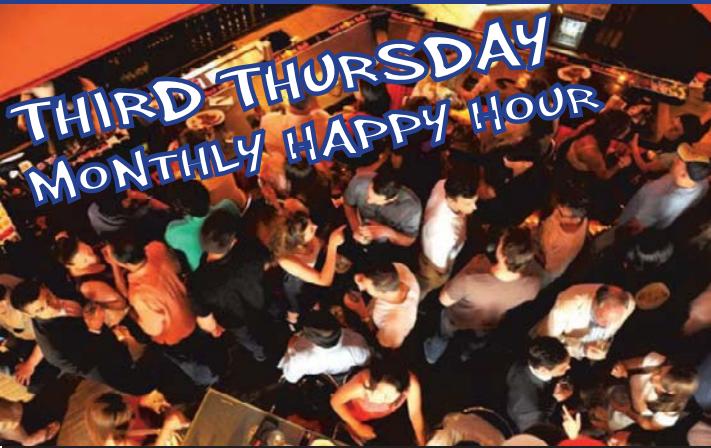
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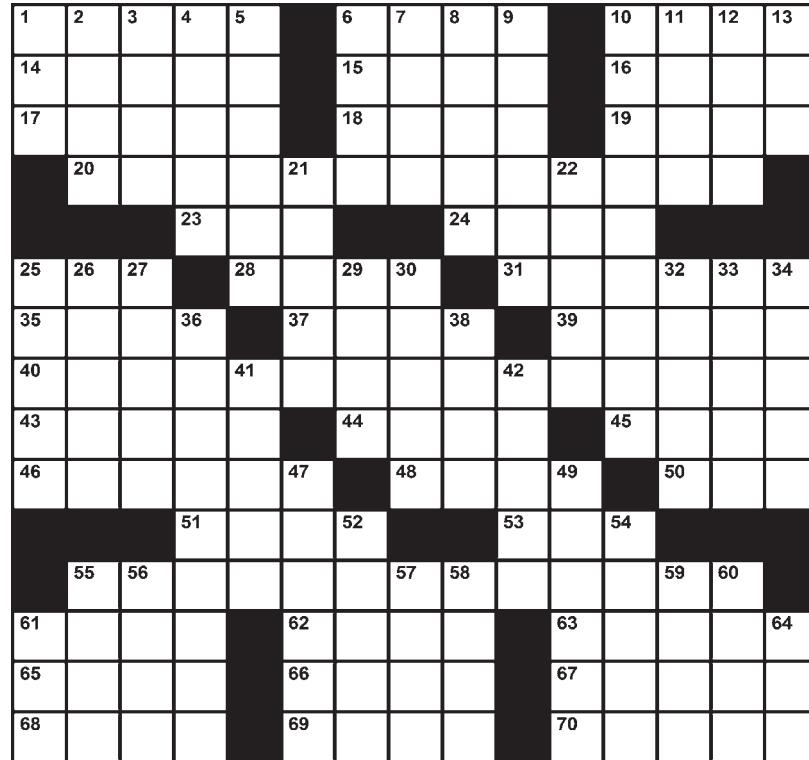
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Crossword

TOUCHDOWN!

ACROSS

1 Cappuccino alternative
6 Drift, as an aroma
10 Person with the biggest office
14 Hearth refuse
15 Petri dish jelly
16 Eye part containing the iris
17 Jack's menace
18 Fragrant bloom
19 Ask for identification
20 Collection of lures
23 After dusk, poetically
24 Zeno's makeshift classroom
25 Tire pressure letters
28 Paul of "Anchorman"
31 Superlatively decided
35 Sicilian spouter
37 100 Cambodian sen
39 Clay court mallet game
40 Parting words
43 Ankle bones
44 Unexceptional
45 "Your majesty"
46 Unwrinkled
48 Waterproof canvas
50 One of a peppery trio?
51 Uppercut target
53 Make silly faces
55 Show patriotism, in a way
61 Psychic's reading material?
62 Lustrous black
63 Sent over the phone lines, in a way
65 Member of a pesky swarm
66 Slow-witted fellow
67 Dynamo's antithesis
68 Behold amorously
69 "The Twelve Days of Christmas" trio
70 Emotionally demanding



EDITED BY TIMOTHY E. PARKER

5 "Good Times" actress
Rolle
6 Admonish
7 All worked up
8 Abstains from eating
9 Dog trainer's handful
10 Cowboys
11 Athletic track shape
12 All dried out
13 Cry-worthy
21 Acclimate
22 Judicial body
25 Clobbers with snowballs
26 Type of iron or engine
27 Proem or prelude
29 Gives up the ghost
30 Embarkation location
32 Provide the wherewithal
33 Constitutional capital
of Bolivia
34 Flirting giggle
36 Connect in the mind
38 "The Simpsons" daughter
41 Groups of acquaintances
42 They're par for the course
47 Like gadgets on the cutting edge, in headlines
49 Northern bird
52 Peer of the realm
54 Forest clearing
55 Like some paintings and juries
56 Type of surgeon or historian
57 Palindromic time
58 Targets of men who make passes?
59 Chassis attachment
60 Did the right thing?
61 "Four score and seven years
..."
64 Alcohol-free

Yesterday's Solution



Today in History

1935 The Nuremberg Laws deprive German Jews of their citizenship.

1963 Four black girls are killed when a bomb goes off during Sunday services at the 16th Street Baptist Church in Birmingham, Ala.

2009 Fed Chairman Ben Bernanke says the worst recession since the 1930s is "very likely over."

express



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people lookout



SAFETY

You Are Now Entering News-Free Zone. Caution!

Miley Cyrus was pulled over by a police officer for talking on her phone while driving in North Hollywood Monday, according to Radaronline.com. A photographer who got pictures said it was unclear whether Cyrus got a warning or a ticket, but that she was definitely wearing a seat belt. Elsewhere, she was seen making out with her supposed ex, Liam Hemsworth. (EXPRESS)

NATURE

Feral Stars Lash Out When Young Are Threatened

 Jodie Foster will not be prosecuted in the alleged assault of a teenage boy in May at a mall in Los Angeles, Radaronline.com reported. A representative for the L.A. District Attorney's office said there was not enough evidence to try a case. Foster says the boy was a paparazzo who scared her kids; the boy's father says Foster pushed and scratched his son. (EXPRESS)



Heidi Montag is seen before her 10 plastic surgeries to remove a tumorous growth on her left shoulder.

MATT SAYLES/AP



Victims

We Didn't Ask, So Don't Tell

Danielle Staub told Radaronline.com she will reveal her sexual orientation on a "Real Housewives of New Jersey" spin-off. "I think it's going to be a really nice element to add to my show," she said. No network has picked up said show. (EXPRESS)



BABIES

The Masses Approve of Your Reproductive Decision

Penelope Cruz is pregnant, her reps said in a statement. Cruz, 36, married Spanish actor Javier Bardem, 41, in a discreet wedding in the Bahamas in July. They appeared together in the film "Vicky Cristina Barcelona," for which Cruz won an Academy Award in 2009. (AP)



"There's the economy, poverty, equal rights — and 'Jersey Shore' is the worst thing that's wrong?"

— VINNY GUADAGNINO THINKS HE AND HIS CASTMATES ARE UNFAIRLY PERSECUTED FOR THEIR CAREFREE LIFESTYLES.

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